



# UCOOK

## KWV's Spicy Beef & Homemade Roosterkoek

with pickled onion & green leaves

What's more South African than making braai-inspired bread? This classic gets a culinary upgrade with NOMU Roast Rub-spiced beef slices, fresh greens, pickled onion, a spicy hit of fresh chilli and chimichurri sauce. This becomes the fulfilling filling for freshly made, homemade, hot-out-of-the-oven roosterkoek.

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**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

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**Serves:** 2 People

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**Chef:** KWV Winery

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Adventurous Foodie

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## Ingredients & Prep

40ml	White Wine Vinegar
1	Onion <i>peel &amp; finely slice</i>
20ml	NOMU Roast Rub
20ml	Cake Flour
500ml	Roosterkoek Mix
1 unit	Instant Yeast
320g	Free-range Beef Rump
40g	Green Leaves <i>rinse</i>
80ml	Pesto Princess Chimichurri Sauce
1	Fresh Chilli <i>rinse, trim, deseed &amp; finely slice</i>
100g	Cucumber <i>rinse &amp; cut into half-moons</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Butter

**1. PICKLED ONION** Preheat the oven to 220°C. In a bowl, combine the vinegar, 10ml of sweetener, and seasoning. Toss through the sliced onion and set aside to pickle. Drain right before serving.

**2. ROOSTERKOEK DOUGH** In a bowl, combine ½ the NOMU rub with a generous drizzle of oil. Place the roosterkoek mix in a separate bowl and 5ml of yeast. Gradually add lukewarm water enough to form a dough. Knead the dough until smooth and elastic. Add to a greased bowl and cover with a cling wrap or damp cloth. Let it rise in a warm place, 20-25 minutes.

**3. RISE AND SHINE** Once risen, punch the dough down and shape it into 4 small flat rounds or ovals. Place them onto a greased baking tray, and brush with the rub & oil mix. Bake in the hot oven until golden brown and cooked through, 20-25 minutes.

**4. BUTTER-BASTED STEAK** Place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak, fat-side down, until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter and the remaining NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**5. FILL WITH FLAVOUR** Cut open and butter the roosterkoek (be careful not to cut all the way through!) before filling with the steak slices, ½ the pickled onions, ½ the rinsed green leaves, the chimichurri sauce, and the sliced chilli (to taste).

**6. SIDE SALAD** In a salad bowl, toss together the remaining green leaves, the cucumber half-moons, the remaining pickled onion, a drizzle of olive oil, and seasoning.

**7. TASTE THE TRADITION** Plate up the filled roosterkoek and side with the salad. Drizzle over any remaining chimichurri and scatter over any remaining chilli (to taste). Dig in, Chef!



## Chef's Tip

If you have the time, prepare the dough earlier to give it time to rise, making the dinner preparation quicker when it's time to cook.

## Nutritional Information

Per 100g

Energy	846kJ
Energy	202kcal
Protein	9.9g
Carbs	28g
of which sugars	3.7g
Fibre	2.6g
Fat	3.5g
of which saturated	0.8g
Sodium	304mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat  
Within  
4 Days